

FOREWORD	An Unlikely Meeting	xv
PREFACE	It's All There for You	xxi
1	The Missionary	1
2	The Birth of the Iceman	9
3	A Cold Shower a Day Keeps the Doctor Away	19
	WHM Protocol: Cold Exposure for Beginners	23
	The Wim Hof Way to Get Warm	27
	Wim Hof Method Experiment #1: Ice-Water Bath for Warmer Hands and Feet	34
4	Breathe Motherf*cker	35
	WHM Protocol: Basic Breathing Exercise	41
	In Case of Altitude Headaches	43
	Breathing Exercise While Walking at High Altitude	44
	Resting Breathing Exercise to Adjust to an Altitude Greater Than Thirteen Thousand Feet	44
	Wim Hof Method Experiment #2: Extending Your Retention Time	45
5	The Power of the Mind	51
	WHM Protocol: Basic Mindset Exercise	57
	WHM Meditation	71
	WHM At-a-Glance: Three Pillars of a Daily Practice	72
6	Olaya	75
7	WHM for Health	89
8	WHM for Performance	107
	WHM Protocol: Power Breathing for Endurance	111
	Wim Hof Method Experiment #3: Does WHM Improve Your Athletic Performance?	115
	Wim Hof Method Experiment #4: How Long Can You Hold a Horse Stance?	118

- 9** The Truth Is on Our Side 121
Breathing for Pain Regulation 125
- 10** A Day in the Life of the Iceman 129
WHM Protocol: Ice Baths and Cold Plunges 134
- 11** Freeing Our Ancestral Burden 137
Breathing for Mood Regulation 146
- 12** Beyond the Five Senses 149
Interoception with the Breath 153
Interoception of the Heartbeat 156
- 13** Into the Light Within 159
Wim Hof Method Experiment #5:
Breathing for Stress Control 164
Unite with the Light: The "Stroboscope" Exercise 169

EPILOGUE How to Change the World 171

Acknowledgments 175

FAQs 177

Notes 183

Glossary 189

Further Reading 197

Photography Credits 201

About the Author 202